

## **A Wide Array of Tools for Your Members**

**All members enrolled in the Healthy at Heart™ Reduce Your CV Risk program will receive a series of mailings over the course of the year. Each mailing is designed to educate and encourage a heart-healthy lifestyle and teach about managing the risk factors for heart disease. Members are also**



**eligible to receive useful tools related to the ongoing educational content. These items help motivate the members participating in the program.**

**These items and their delivery schedule are described on the following pages.**



### **PILLBOX**

The very first mailing from the program is the member Welcome Kit. Among other materials, it includes this handy pillbox to help members organize their daily medicines. This pillbox helps members stay compliant with their medicines.



### **FANNY PACK**

**Only for Diabetes Control Network® Members**

Members who choose to enroll in the Diabetes Control Network receive a bonus in their Welcome Kit: a fanny pack sporting the Healthy at Heart™ Reduce Your CV Risk logo. The fanny pack is just the right size for carrying snacks, water, or glucose pills.



### **MEASURING CUPS**

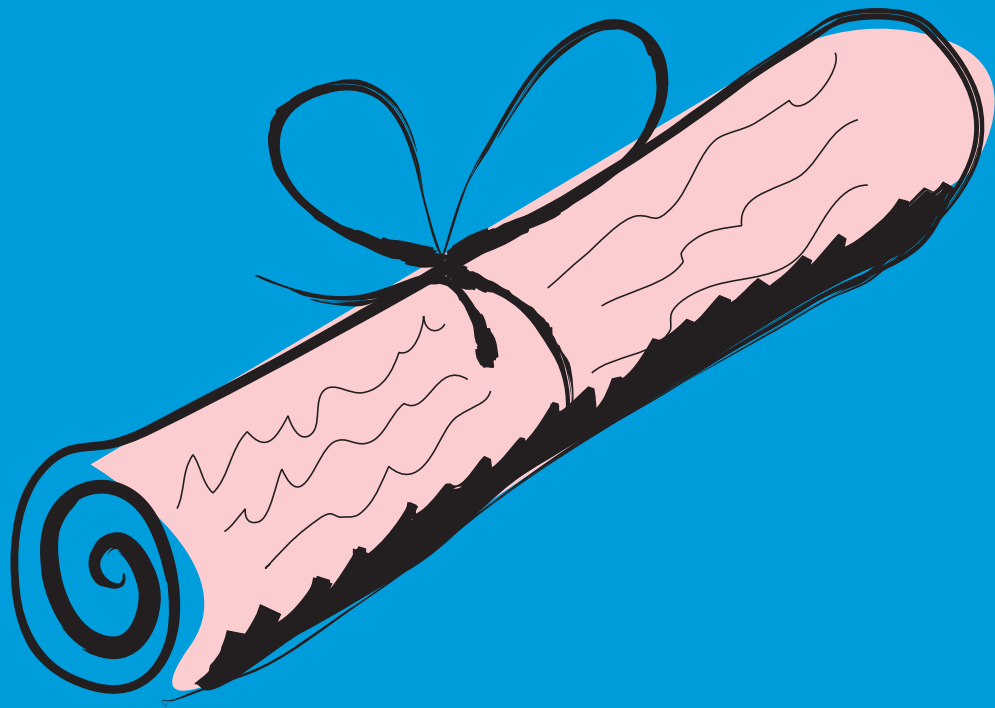
Members can request this useful set of kitchen tools at the time of the first mailing. It is meant to encourage members to cook heart-healthy recipes.



### **WRIST SWEATBAND**

To keep members focused on their exercise plan, the third mailing contains an offer for a free Healthy at Heart absorbent wrist sweatband. Whether they're playing tennis, walking, or just making a fashion statement, your members will be regularly reminded of their commitment to a healthy lifestyle.





### LUGGAGE TAG

This attractive luggage tag can remind members to continue their heart-healthy lifestyles when they're away from home. Staying active and healthy while traveling are addressed in the newsletter that follows this offer.



### HEALTHY AT HEART PEN AND NOTEPAD

Members can use this convenient pen and heart-shaped notepad to remind themselves of appointments, keep track of medication refills, and record questions they may have for their healthcare provider. The pen and pad are offered just prior to the final Healthy at Heart Reduce Your CV Risk newsletter, which focuses on the importance of patient-doctor communication.



### STRESS BALL

This heart-shaped stress ball offers members a little something to squeeze when they are stressed. Branded with the Healthy at Heart™ Reduce Your CV Risk logo, the stress ball reinforces the stress-management tips found in the corresponding newsletter issue.



### HEALTHY AT HEART T-SHIRT AND DIPLOMA

In the final mailing, as a reward for participating in and completing the program, members receive a congratulatory diploma and a Healthy at Heart T-shirt, encouraging them to continue learning about heart health.

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